



## RECREATION DEPARTMENT

Truro Recreation Department  
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### Intro. To Salsa Dancing

Fridays | 7- 8pm  
9/30 - 10/21  
7-8pm  
Truro Community Center

### Youth Soccer

The youth soccer season is underway. Be sure to check out a game some Saturday. Thank you to all who have volunteered their time for coaching.

### Pamet After School...

...is an after-school program serving children ages 5-12, who reside in Truro or attend Truro Central School. Families of all abilities, races, genders, sexual orientations, religions and socio-economic status are welcome. P.A.S. is a safe, supervised environment for children to learn and grow.

3:00pm - 5:30pm

\$6 / Day

Click [here](#) for more info



### Semi-Personal Training

w/ Laurie Roles  
Convenience of a personal trainer w/o  
the gym price.  
Mon & Fri | 9-10am  
Truro Community Center

### Zumba Fitness

One-of-a-kind fitness program  
Tues, Thurs, Sat | 9-10am  
Truro Community Center

### Online Registration

Truro Rec is excited to announce that we have begun online registration for programs.